

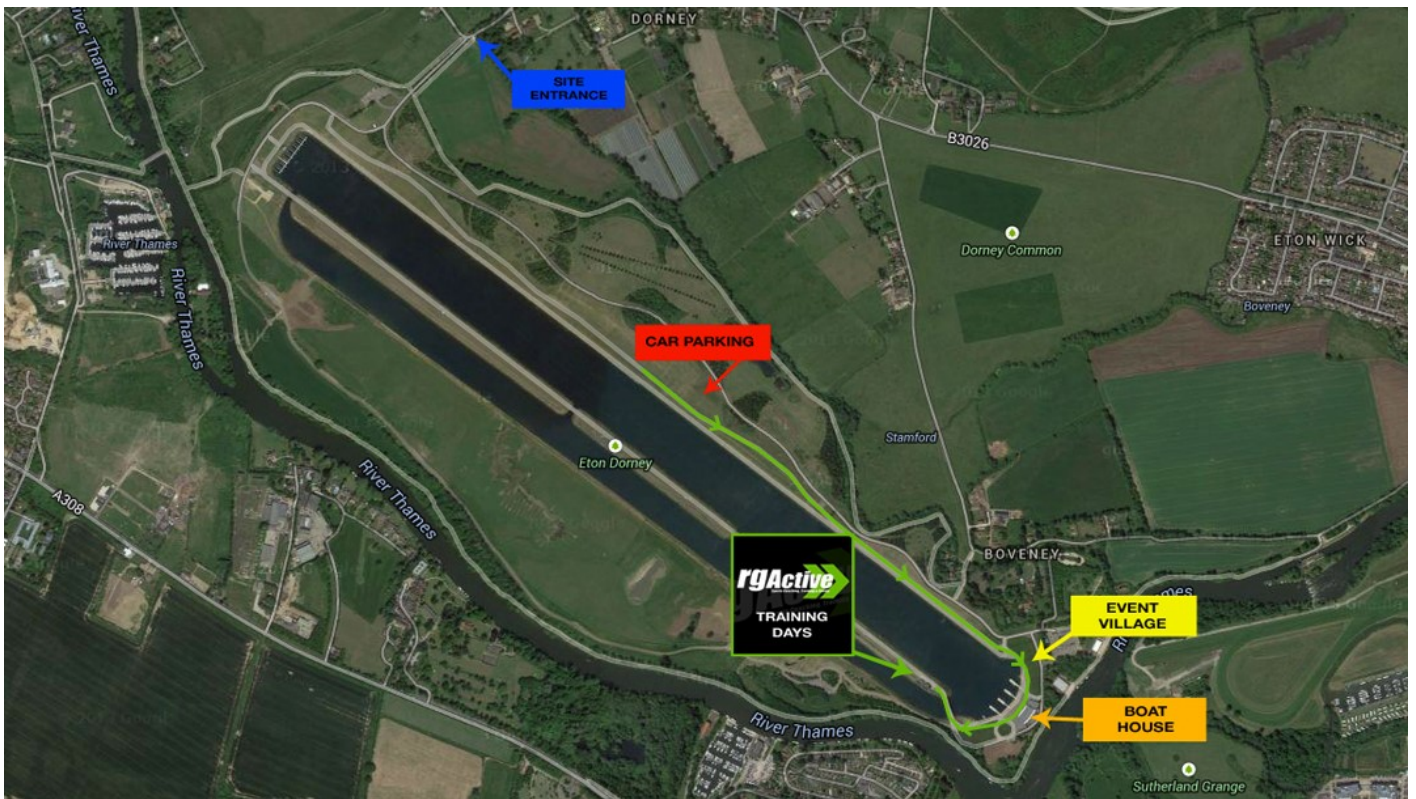
# rgActive

Sports Coaching, Training & Events

T R A I N I N G D A Y



## Map and directions at venue



Notes: Once you have parked your car please follow the **GREEN** arrows to the training area on the opposite side of the lake, you will need to go through the transition area of the race that is taking place. Please ask any RG Active or Human Race member of staff for directions if required on the day. You **DO NOT** need to register anywhere until you arrive at the training centre building.



## Human Race Events

Your training day is part of a whole weekend of Human Race multisport racing at the Eton Dorney venue and, for your own safety, you must be vigilant when moving around the site. We have structured the day and chosen the training area specifically to ensure the racing and the racers do not interfere with our training day. However, if you do have to venture over to the competitor village and transition area please make sure you tell a member of the RG Active coaching team, and please be alert at all times. Please follow all of the instructions of the coaches.

## The RG Active Coaching Team

RG Active sees over 8000 people each season helping them in every way imaginable as they aim to meet their multisport objectives whether that is to get themselves to the finish line, qualify for their country or just have a really good time! The highly qualified and experienced coaching team helping you on your training day include **John Brame, Marsha el-Hage, Emma Young, Steve Freestone, Roxy Camp, and Phil Paterson**. Between them they provide coaching for athletes of all levels of fitness and ability from first time triathletes through to seasoned professionals and elite performers.

## Safety and First Aid

If you have any known medical condition, (such as diabetes, asthma, allergy to penicillin, etc.) please inform us prior to the training day by email to [races@humanrace.co.uk](mailto:races@humanrace.co.uk)

## Changing and Catering

We aim to provide changing facilities within the training area to so transitions from one session to the next can be as quick and seamless as possible. We ask that you bring at least two towels for the whole day and warm clothes for before and after the days events. RG Active will be providing some hot and cold drinks along with a selection of snacks at a small fee, however we recommend bringing a packed lunch and your own drinks to last you the day on top of any energy products you might want.

## The training day content

For many of you the open water swim and the wetsuit part of the day will be the element met with most concern and in some cases fear. Our aim for the swim session within the training day is to instil you with confidence and understanding of swimming in open water in a wetsuit that is key for every competitor. Our aim is to provide you with all the advice and support to help you achieve this.

During the day we will also cover the following topics:

### Open Water Swimming

- fitting your wetsuit
- swimming toys & equipment
- sighting
- mass/group starts
- removing your wetsuit

There will be special provisions for nervous and first-time open-water swimmers.

## **Bike & Transition Training**

- Knowing your bike
- Preparing your bike
- Transition set-up
- Bike mount & dismount
- Time saving in transition
- Bike and Transition Rules and regulations
- Bike position
- Bike Equipment
- Bike nutrition and hydration

## **Run Training**

- How to warm up properly
- Running technique
- Running drills
- Post exercise stretching

## **What equipment you need... Open Water Swimming**

- Swimwear
- A wetsuit is compulsory.
- Goggles
- Brightly coloured Silicone cap
- Towel
- Warm clothing for after the session

Note: We will have latex swim caps for swimmers on the day to help the coaches with distinguish you in the water, however a silicone hat will provide you with more warmth.

## **Bike & Transition Training**

- Your bike which (road bike, hybrid or mountain bikes)
- Cycling helmet (no helmet, no ride)
- Drinks bottle with water or sports drink
- Cycling shoes or whatever you intend to be using on race day
- Triathlon specific kit or whatever you intend to be using on race day
- Cycling shoes
- Clothing as for run session
- Running shoes
- Sunglasses
- Transition towel
- Race number belt (not essential)
- Helmet
- Running shoes
- Talcum Powder

Note: It is always worth following the forecast prior to the training day and bring additional clothing suitable for the weather conditions i.e. if the forecast is for rain please bring a rain jacket.

## **Run Training**

- Run training shorts and top (plus layers suitable for the weather conditions)
- Running shoes and socks

Note: It is always worth following the forecast prior to the training day and bring additional clothing suitable for the weather conditions i.e. if the forecast is for rain please bring a rain jacket.

## **Other**

- Drinks bottle and drinks/snacks for during the day
- Notepad and pen
- Warm clothes for pre and post training

## **Finally**

We are very honoured and excited to help you on your triathlon and multisport adventure.

We ask that you please respect the area, keep it clean and tidy and avoid littering.